

THE CITY OF **Fitchburg** SENIOR CENTER

2017 Annual Report



Mission Statement

The mission of the Fitchburg Senior Center is to meet the diverse interests and needs of adults, aged 50 and older, by providing a range of programs, volunteer opportunities, services and advocacy that will enrich their quality of life and maintain their independence.

2017 Staff

Jill McHone, Director	40 hours
David Hill, Assistant Director	40 hours
Mandi Miller, Volunteer Program & Nutrition Site Manager	40 hours
Amy Jordan, Social Worker	40 hours
Sarah Folkers, Social Worker	32 hours
Susan Hoerchner, Office Assistant	20 hours
Betty Otradovec, Office Assistant	20 hours

2016/2017

Fitchburg Senior Center Friends

Craig Davis - Chairperson
John Haberle - Vice Chairperson
Robert Hillner - Treasurer
Judy Christie - Secretary
Roger Elver
Mary Cochems
Judy Breunig
Judy Broad

Marcia Griskavich
Kathy Sosnouski
Tom Swant
Lee Ihlenfeldt
Sharon Trimborn
Rob Waterman
Robert Davis

Commission on Aging

Dorothy Krause, Council Rep
Jim Sosnouski, Chair
Ruth Domack, Vice Chair
Ada Deer
Barbara Rottman
Laura Portz
Sue Sheets

Looking Back...

I want to thank the City for its ongoing support, as well as staff, Board members and volunteers for their passion and dedication to making the Fitchburg Senior Center one of the most popular in Dane County.

Two of our major milestones in 2017 were completing the Wisconsin Association of Senior Center's state accreditation, and developing a Plan for Growth to meet the increasing demands of the growing senior population. Also to be noted is that we experienced a significant increase in the diversity of our participants. We began offering Spanish bingo on a monthly basis, and on any given day you will find approximately 1/3 of our lunch participants to be African American older adults.

Looking Ahead...

Our mission for 2018 is to continue to focus on diversity and meeting the needs of our low income seniors. Our Plan for Growth will serve as our "road map" and will be an effective tool in helping us meet our goals. We have already reached out the Allied Drive Wellness Center, Boys & Girls Club and are exploring more connections with parish nurses. Our focus is to improve our partnerships with more agencies to combine resources and ultimately improve the quality of life for all older adults in Fitchburg.

2017 Program Snapshot

It is amazing to see the amount of participation in all of the exercise programs, more specifically Aerobics with Diane. Diane has been our instructor for over 30 years and participation is up every year. Each Monday, Wednesday and Friday up to 70 participants join in the two classes that Diane teaches.

Fitchburg Ukulele Network (FUN) —wow, this group has taken off! Every Tuesday, 15-20 strummers come to learn and practice. Practice turns into performances all over the Madison area! Talk about FUN!

Fitchburg Singers; what can we say about this fantastic program? Group leader Doris Koster, a 15+ year volunteer, has made this a special program for those looking to rekindle their singing spirit. You can find the 25+ singers around Dane County playing at all sorts of venues.

Health & Wellness—557 participants @ 15,202 times

Social/Leisure— 378 participants @ 4,901 times

Education—469 participants @ 2,648 times

Total: 1,404 participants @ 22,751 times

2017 Social Work Program Report

Social Work services include three types of contacts: Case Management (CM), Information & Assistance (I & A), and Medicaid CM. CM services are provided to seniors who need ongoing monitoring and services for an indefinite period of time in order to remain independent in their homes. I & A services are provided to seniors who are in need of one-time or sporadic information and/or assistance. Medicaid CM services are case management services provided to individuals who have Wisconsin Medicaid.

2017 Data

CM – 1,604.75 hours (266 unduplicated clients)

I & A – 772 hours (387 unduplicated clients)

Medicaid CM – 414.25 hours (36 unduplicated clients)

"My Social Worker is a very sweet person. She's saved my life. If I need anything, she's right there for me. She's the best Social Worker, and I love her dearly. No other Social Worker has ever done for me what she has done." - Darlene



As in past years, emphasis in 2017 was placed on the Dane County No Falls Task Force, the Dane County Transitions of Care Coalition, and the Dane County Aging Focal Points Coalition. The Social Work program continued to see an increase in individuals with low incomes and mental health concerns. The need for low-income housing is higher than ever before.

We began collaborations with the FitchRona Community Paramedic program, and continued our focus on helping older adults remain active and independent in their own homes.

"I am grateful to have Sarah as my social worker. She has linked me to activities and resources I didn't know I had and has made me feel at home in the Fitchburg Senior Center Community." - Rene

Senior Nutrition Program Report:

- Our Nutrition Site served **2,425 MORE meals** in 2017 due to the increase in food insecurity and the growth of the senior population .
- **1,150 of those extra meals served were to congregate clients** who visited our Senior Center, and **1,275 of the meals were delivered to our homebound clients.**
- New refrigerator and freezer donated by Home Depot!
- We have 79 volunteers who help maintain the Senior Nutrition Program. This includes kitchen assistants who pack up meals and serve meals on-site to clients, and meals-on-wheels drivers who deliver meals to three different routes, five days per week.
- The nutrition program continues to be “green” by using re-usable containers for the hot portion of our meals.
- In addition to meals, our nutrition site offers a monthly lecture in partnership with UW Extension. Topics include: food safety, alternatives to unhealthy foods, and staying well.

2017

Congregate Meals: 7,178

Home-Delivered Meals: 8,752

Total: 15,930 meals served

The Fitchburg Nutrition Site is one of the most-attended meal sites in Dane County!

We have an average of 30 people coming for lunch each day!



Our nutrition participants benefited from the orchard that was planted (with a grant from the forestry department a few years ago) with its first fruits! Pears and apples!

2017 Volunteer Program Report:

The City of Fitchburg continues to benefit from the dedication of just over 200 volunteers. These volunteers make it possible for the Senior Center to offer a variety of life-sustaining services for seniors as well as multiple programs and activities that are volunteer—directed. We continued our community partnerships with Placon, and City of Fitchburg staff. We also happily welcomed a new partner, Pacific Cycle! All of our community partners help with the meals-on-wheels program by delivering meals.

If we didn't have the volunteers that we do, the City would have to hire approximately NINE full-time employees, with benefits, to maintain the current level of service for the Fitchburg senior community. With our growing population of seniors who have skill sets, we continue to look forward to growing, managing and containing this large group.

Total Volunteers: Just over 200
Total Hours Served: 19,121
That is: 4,089 MORE hours than 2016!!!





Dementia Friendly Fitchburg Report:

The Dementia Friendly Fitchburg initiative remained mostly inactive in 2017. A new focus for the initiative is to offer outreach to community groups, like churches, neighborhood associations and civic groups.

The mission of Dementia Friendly Fitchburg is to educate the public about the people who are affected by Alzheimer's and other cognitive impairments so that the community can begin to understand and offer much needed support for families who are struggling with this disease.

- Dementia Friendly Fitchburg presentation given to Fitchburg Employees.
- Dementia Friendly Fitchburg presentation given to Fitchburg Rotary Club.
- Spry Society, a group of about 12 participants who all have some cognitive impairment, met regularly at the library and did interactive activities.
- Dementia Friendly Fitchburg shared a job description with the Dementia Friendly Leaders group for a "Dementia Friendly Liaison"- and we are still looking for the right person for this position.
- Dementia Friendly Fitchburg Walk team raised over \$100 for the Alzheimer's Association and hosted a booth at the event.





New Refrigerator & Freezer Donated from Home Depot to the Senior Center!



Our 20+ year-old refrigerator needed some major repairs that would cost over \$1,000. Rather than repair it, we put out a plea to Home Depot, and they came through with the amazing donation of a new Refrigerator AND new Freezer for the Senior Nutrition Program!



With a little help from our friends, the Sub Zero was moved out of the kitchen.



Official Ribbon Cutting with executives from Home Depot!

